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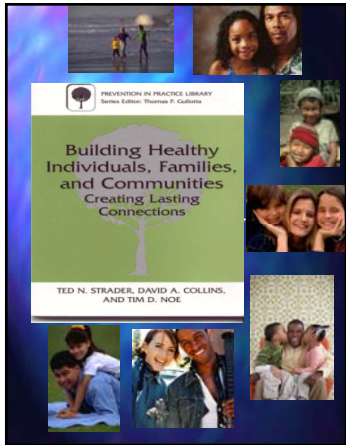
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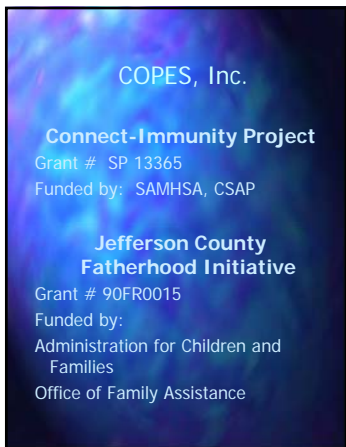
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**COPES programs have received numerous national awards for excellence.**

- 2009 – Selected for **international promotion** by the United Nations
- 2009 – Creating Lasting Family Connections program identified as a **Promising Program** for the **Administration for Children and Families' Responsible Fatherhood Initiative**.
- 2007 – CLFC program re-evaluated and included again in the **National Registry of Effective Programs and Practices**.
- 2006 - The Creating Lasting Family Connections program was reconfirmed as an **evidence-based** substance abuse and violence prevention curriculum by the **Office of Juvenile Justice and Delinquency Prevention**.
- 2002 – **Model science-based** program, the Substance Abuse and Mental Health Services Administration

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**COPES programs have received numerous national awards for excellence.**

- In 2001, COPES and the Creating Lasting Family Connections program received a **Special Recognition Award** from the **Executive Office of the President, Office of National Drug Control Policy**
- In 2001, Creating Lasting Family Connections received the **U.S. Department of Education** Certificate of Recognition as a **Promising Program for Safe, Disciplined and Drug-Free Schools**
- In 2000, The Creating Lasting Family Connections program was featured as a **Model Family Program** in the **Office of Juvenile Justice and Delinquency Prevention** and the **Substance Abuse and Mental Health Services Administration's** Strengthening America's Families publication on substance abuse and delinquency prevention.

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**COPES programs have received numerous national awards for excellence.**

- In 1997, Creating Lasting Family Connections was included in the **Center for Substance Abuse Prevention's** model program **national dissemination project**.
- In 1996, COPES' Creating Lasting Connections program was selected to join the **International Youth Foundation's YouthNet**, an international effort to replicate highly successful programs as demonstrated by research.
- The COPES Creating Lasting Connections demonstration project received the **Center for Substance Abuse Prevention's Exemplary Substance Abuse Prevention Program Award** for 1995, 1999 and 2000.

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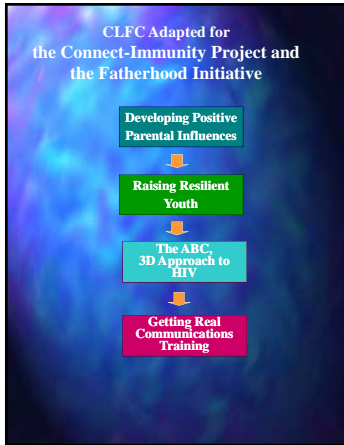
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- ### Targeted Skills for Fathers (Parents)
1. Listening Skills
  2. Gentle Assertiveness Skills
  3. Refusal Skills
  4. Social Skills
  5. Emotional Expression Skills
  6. Emotional Acceptance Skills
  7. Developing Expectations and Consequences in the Family
  8. Enhancing Relationships Skills

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**Individual Protective Factors Targeted**

Social Skills  
Positive Self Esteem  
Flexibility  
Able to Process and Express Emotions  
Bonding  
(with children, their children's moms and their parents)  
Committed to Personal Growth  
Committed to ATOD & Crime Free Recovery  
Sense of Purpose  
Confident About Future

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**Family Protective Factors Targeted**

Positive Family Bonding  
Family Warmth & Trust  
High Parental Expectations  
Clear Rules & Positive Discipline  
Participation in Family Chores & Responsibilities

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**Community Protective Factors Targeted**

•Caring & Supportive of Reentry/ Recovery and their Families  
•High Expectations of Reentry/ Recovery and reconnections with their Families  
•Opportunities for Reentry/ Recovery and their Families to Participate in & Contribute to the Community

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**Increased Bonding  
Generates Greater  
Resistance**



**Bonding With Self:**

- Self Esteem
- Self Expression
- Self Confidence

These Skills Increase Our Ability to Resist Other Negative Factors in Our Environment (or in ourselves)

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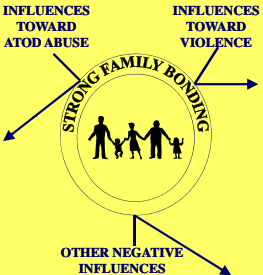
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**Increased Family Bonding  
Generates Even Greater  
Resistance**



INFLUENCES TOWARD ATOD ABUSE

INFLUENCES TOWARD VIOLENCE

**STRONG FAMILY BONDING**

OTHER NEGATIVE INFLUENCES

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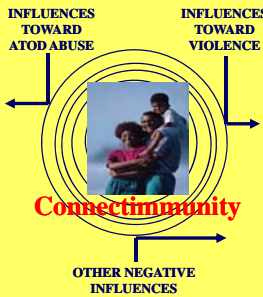
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**Increased Bonding with Self,  
Family, School, Church,  
Community... =  
Even Greater Resistance**



INFLUENCES TOWARD ATOD ABUSE

INFLUENCES TOWARD VIOLENCE

**Connectimmunity**

OTHER NEGATIVE INFLUENCES

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The CLFC Approach

Do you think we can change?

Creating Lasting Family Connections

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Retrospective Survey Results (CI% and FI%)

**Developing Positive Parental Influences**

- 28% and 50% **more** respondents "strongly agree" that if they know someone with an alcohol or drug problem, they would suggest they get help after participating in CLFC.
- 32% and 37% **more** respondents "strongly agree" that most spouses of people with alcoholism are as much in need of help as the alcoholic after participating in CLFC.

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Retrospective Survey Results (CI% and FI%)

**Developing Positive Parental Influences**

- 29% and 50% **more** respondents "strongly agree" that they feel empowered to make positive changes for their family after participating in CLFC.
- 91% and 37% **more** respondents "strongly agree" that they have positive parental influence with their children after participating in CLFC.

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Retrospective Survey Results  
(CI% and FI%)

**Developing Positive Parental Influences**

- 76% and 78% of the participants in CLFC reported that their personal use of alcohol and/or drugs has gone down since they started the program.

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Retrospective Survey Results  
(CI% and FI%)

**Getting Real Communications Training**

- 45% and 50% **more** respondents "strongly agree" that they feel capable of saying "no" following their involvement in CLFC.
- 41% and 65% **more** respondents "strongly agree" that they have the confidence to say "no" when they need to following their involvement in CLFC.

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Retrospective Survey Results  
(CI% and FI%)

**Getting Real Communications Training**

- 50% and 58% **more** respondents "strongly agree" that they are confident that people might be able to hear and respect them when they say "no" in a "getting real" way following their involvement in CLFC.
- 44% and 82% **more** respondents "strongly agree" that they are prepared to help their children say "no" when it is in their best interest following their involvement in CLFC.

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Retrospective Survey Results  
(C1% and F1%)

**Getting Real  
Communications  
Training**

- 46% and 76% **more** respondents reported that they would say "no and feel good about themselves" to allowing their teenage children to stay out past their curfew following their involvement in CLFC.
- 32% and 75% **more** respondents reported that they would say "no and feel good about themselves" when asked if they would purchase a new outfit for their child when they do not want to following their involvement in CLFC.

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Retrospective Survey Results  
(C1% and F1%)

**Raising Resilient  
Youth**

After participating in the program:

- 31% and 36% **more** respondents reported "strongly agree" or "agree" when asked if they listen to their children's thoughts and feelings when discussing family concerns and issues.
- 41% and 41% **more** respondents reported "strongly agree" or "agree" when asked if their family has the ability to manage family conflict well.

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Retrospective Survey Results  
(C1% and F1%)

**Raising Resilient  
Youth**

After participating in the program:

- 83% and 78% **more** respondents reported that they are "very likely" to involve their children in making family rules for helping around the house.
- 78% and 56% **more** respondents report they "almost always" tell their child how they feel if they break an important family rule.

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Retrospective Survey Results  
(C1% and F1%)

**Raising Resilient Youth**

After participating in the program:

- 70% and 55% **more** respondents report they "almost always" or "usually" ask their child what they think before family decisions are made.
- 77% and 66% **more** respondents report that they "almost always" or "usually" listen to each other's feelings when they have a disagreement with their child.

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Retrospective Survey Results  
(C1% and F1%)

**Raising Resilient Youth**

- 70% and 95% of the respondents report that they are **more likely** to talk with a trusted adult family member about a personal or family problem.
- 92% and 91% of respondents reported that they feel better about creating expectations and consequences in their family after participating in the program.

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Retrospective Survey Results  
(C1% and F1%)

**Raising Resilient Youth**

- 88% and 84% of respondents reported that because of this training, they have improved their skills in giving positive feedback which includes validating and affirming their children when they express their emotions or feelings.

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### Pre-Post and Follow-up Survey Evaluation with Comparison Groups

The analysis of the means shows that the participants in the CLFC program in both the Connect-Immunity and Fatherhood projects reported increases in mean scores from baseline to follow-up on the outcome variables measured in the separate program surveys.

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### Evaluation

Hypothesis testing (the General Linear Model procedure in SPSS was used) found that in both projects several outcome variables showed increases (or decreases in an appropriate direction) for the treatment group as compared to the control group some of which were found to be significant.

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### Fatherhood Evaluation

These outcome variables include:

- Intra-personal Skills scale (F of 2.49\*)
- Relationship Satisfaction scale (F of 1.84\*)
- Communication Skills scale – modified (F of 1.70\*)
- Inter-personal Skills scale (F of 1.49)
- Relationship Commitment scale (F of 1.43)

\*significant at .10 level  
F value derived from analysis of covariance of the repeated measures

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**Connect-Immunity Evaluation**

These outcome variables include:

- Parental Involvement in ATOD Prevention scale (F of 1.82\*)
- Support & Resources scale (F of 1.6)
- Unprotected Sex scale – modified (F of 1.22)
- 6 Month Risk scale (F of .96)
- Sex While Under the Influence scale (F of .86)
- Sexual Risk Behaviors – Next 3 Months (F of .76)
- Perception of Risk of ATOD Use scale (F-Value of .52)

\*significant at .10 level  
F value derived from analysis of covariance of the repeated measures

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**Evaluation**

These findings are based on the preliminary data made available to the evaluation team and we anticipate that other outcome variables will approach or meet statistical significance as the sample size increases.

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The record data indicates that in the Connect-Immunity Project 57% and in the Fatherhood Initiative 62.5% of those enrolled in the program agreed to take and were in fact tested for HIV.

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**"Happiness" Index  
Results**

- 97% report feeling better about themselves after participating in the program.
- 97% report that this training has been a positive experience.
- 84% report that they feel more support from others outside their family now than they did before the training started.
- 43% more "strongly agree" that they feel empowered to make positive changes for their family.

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We believe that our approach to Cultural Sensitivity led to these results.

We engaged in the following series of steps to assist in making the CLFC experience culturally sensitive and rewarding for our re-entry and recovery target population.

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Cultural Sensitivity is a process.

1. What culture or whose culture are we going to be sensitive to?

We thought predominately men. Mostly African American and white, some Rural African American and white, and a low to moderate number of Latino

During the needs assessment process of the SPF/SIG, we greatly expanded our awareness.

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(Using focus group technology with partner agencies and re-entry/recovery/HIV target populations we expanded our understanding of cultural representation.)

1. Male Culture
2. Female Culture
3. Criminal Culture
4. Culture of Poverty
5. Black Urban
6. Black Rural
7. Isolates
8. White Urban
9. White Rural
10. White Appalachian

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Cont'd

11. Culture of Despair
12. Lone Wolf – Self Reliant
13. Culture of Distrust
14. Culture of Blame
15. Culture of Denial and Delusion
16. Macho, Bravado and Toughy Culture
17. Culture of Control
18. Prison Culture
19. Gang Culture
20. Multiple Sub-Cultures of Sexual Orientation and Practice
21. Pimp/Prostitution Culture

(and lots of individual differences and hybrids)

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We also thought about our own CLFC as an acculturation process.

CLFC can be thought of as a cultural evolutionary or revolutionary process!

CLFC is:

- A Culture of Connection
- A Culture of Respect
- A Culture of Hope
- A Culture of Selected Trust
- A Culture of Personal & Family Responsibility
- A Culture of Acceptance
- A Culture of Recovery
- A Culture of Influence (vs. Control) in Relationships

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So, we decided on the following as a strategy of demonstrating cultural sensitivity:

- To show openness and acceptance to all individuals and all cultures
- To validate everyone's culture(s)
- To ask all individuals of various cultures to consider if their culture did share or might benefit by adopting any CLFC concept, or if they would like to incorporate our cultural beliefs into theirs or not

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- To give respect to all individuals of all cultures and conditions
- To ask participants to take whatever they like and to leave the rest...you decide (CLFC was always a buffet, dinner style curriculum)
- To train staff to avoid using absolutes or controlling language
- To be welcoming to all
- To ask for respect and openness toward our staff, too

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- To publicly state on day one that we have an open door policy where participants can provide feedback to our Executive Director on any disrespectful behavior from any of our staff
- To ask participants to teach us about their personal or cultural beliefs/or practices so we could be sensitive
- To provide food and water (and other beverages) at every meeting and to ask for personal or cultural preferences in this area (i.e. vegetarian, Muslim diet, Jewish diet, food allergies, etc...)

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■ To employ a range of individuals of various cultures to assemble a staff who were all successfully able to integrate CLFC into their own lifestyle without losing their culture.  
(i.e. – Gay  
Muslim  
Black  
Re-entry  
White Rural  
Recovery  
Female  
Male  
Fathers/Mothers married  
and single  
Ages 20 something to 65)

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■ To establish and use (but not require participation in) rituals, music, humor, story telling, and lots of rich and culturally representative examples and appropriate self-disclosures by staff

■ To use role models and mentors

■ To respect physical space needs in room selection and set-up

■ To employ a "We, the people" approach rather than the "You people" approach to all topics

■ To be highly interactive (and to be radically present by listening)

■ To be non-judgmental of past, current or future behaviors (while giving feedback of care and concern from our cultural perspective)

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■ Use multiple research methods to obtain data from a variety of cultural experiences (i.e. retrospective, experimental design, and record data on behavior)

■ Use multiple cultural concepts and examples whenever possible and to ask for input or examples from participants

■ To not ask participants to do anything we are not willing to do as facilitators (You can always ask us to go first.)

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- To establish credibility by focusing on applied research along with staff and participant experience and giving clear examples and making precise distinctions
- To negotiate very clear behavioral expectations for group interactions and the role of our facilitators. (i.e. cell phones, texting, smoking, bathroom breaks, guests, absences, make-up sessions, information sharing and confidentiality)

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- To believe in everyone's ability to both teach us something and to learn something from us
- To have high expectations for everyone's ability to succeed
- To agree to train only those who voluntarily choose to participate and who choose to allow our facilitators to play the role of facilitator (i.e. Participants agree to let our staff facilitate with the right to complain to the Executive Director if bad facilitation decisions are made)

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*A Higher Love*

People

Listen and Learn when:

1. They feel listened to
2. They feel cared about
3. They feel connected with

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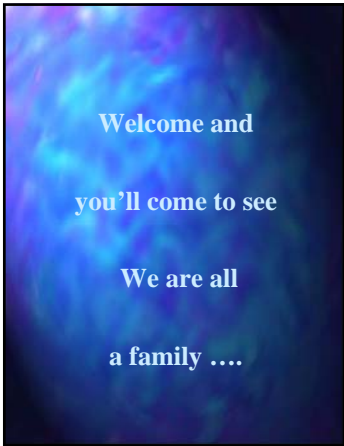
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Ways of contracting the HIV virus (and other sexually transmitted diseases)

The trainer states to the group:  
"Now, I'd like to invite you to participate in a brainstorm of possible responses to the following question: How many different ways can people become infected by HIV?"

"But, before we ask you to list those answers of the possible ways someone can contract the HIV virus, I want you to also have a sense of how this is a broad public concern."

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"Our staff members are trained to be non-judgmental about sexual behaviors and sexual preferences. We are not here to judge any behaviors or persons. Our major focus is to help everyone avoid HIV, Hepatitis, and other sexually transmitted diseases."

"Watch as my staff and I respond to these questions. We want to demonstrate that we would not ask you to do anything we are not willing to do ourselves."

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1. How many staff members present have ever engaged in risky enough sex and/or drug use behavior that you thought about getting tested for HIV?

2. How many of you were so concerned you actually got tested?

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